

Eifel Times

Vol. 40, Issue 31

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

Aug. 25, 2006

News Briefs

Dormitory manager openings

Formal applications for staff sergeants interested in serving as dormitory managers must be submitted by Sept. 8. For more information, call 452-6692 or 452-6017.

Express Shuttle Bus service changes

Changes to the 52nd Logistics Readiness Squadron Express Shuttle Service take effect Sept. 5. The shuttle bus service will start five minutes later at Bitburg Annex to avoid wait time at the Spangdahlem AB temporary lodging facility stop. For more information, call 452-6645, 452-6715 or 06565-61-6645.

Finance expands hours

To service Team Eifel more effectively, the 52nd Comptroller Squadron customer service counter is now open Mondays through Fridays from 8 a.m. to 4 p.m. starting Monday. Finance customer service is located in building 128, room 104.

JAM block party

The Just Airman Council hosts a block party for Airmen near the Spangdahlem AB Post Office parking lot Saturday from 3-9 p.m.

Munitions storage area closure

The munitions storage area will close for all custodial-related actions from Sept. 1-30, due to a 100 percent munitions stockpile, semi-annual inventory. Request all munition needed during September by Sunday. For more information, call 452-6743.

WIC office closure

The Women, Infants and Children Overseas office will be closed until Sept. 5. The office will re-open Sept. 6 from 8 a.m. to 4:30 p.m. For more information or to schedule an appointment, call 452-9093 or 06565-61-9093.

Weekly accident reports

There were ten minor vehicle accidents and three major vehicle accidents last week. The minor accidents resulted from: inattentive driving, speeding and backing. Two of the major accidents occurred from speeding and the cause of the other accident is undetermined. The major accidents occurred on B50, B257 and L46. (Compiled by Amber Christiansen, 52nd Security Forces Squadron.)

Step back in time

The annual Mander-scheid Burgen festival swings into action Saturday and Sunday.

Read "Celebrate medieval times," on Page 7.



Staff Sgt. Shannon Hughes, left, hands Senior Airman Damon Johnson a tool as they work on an A-10 Thunderbolt II during its phase inspection at Bagram Airfield, Afghanistan, Aug. 5. Both Airmen are deployed for Operation Enduring Freedom from the 52nd Fighter Wing at Spangdahlem Air Base, Germany. The 455th Expeditionary Maintenance Group at Bagram is "double-docking" A-10s going through phase inspection, working on the airplanes around the clock, to ensure consistent ability to meet the demand for the airframe in theater.

A-10s surge for offensive

Story and photos by Maj. David Kurle
455th Air Expeditionary Wing Public Affairs Office

BAGRAM AIR BASE, Afghanistan -- Six U.S. and Coalition troops peer out from a remote position on a ridge top in Afghanistan.

At sunset on the third day of their vigil, a large force of Taliban extremists carrying heavy machine guns and rocket-propelled grenades surround and pin down the team.

By design, an Air Force joint tactical air controller is with the team. His job is to direct strike aircraft to targets on the ground.

The situation on the ridge line is desperate until an Air Force pilot flying an A-10 Thunderbolt II in the vicinity contacts him.

Helping the A-10 pilot find and target his attackers on the ground, the JTAC stays in radio contact, except when forced to pick up his weapon and fire at the enemy closing in.

The A-10 and its pilot hammer at the enemy with bombs and the plane's massive Gatling gun.

"Fifty minutes later, the remaining enemy retreated and (the JTAC) and his team walked off that ridge to re-supply and fight again the next day," said Lt. Col. Keith McBride, 81st Expeditionary Fighter Squadron commander, deployed from Spangdahlem Air Base.

Colonel McBride, an A-10 pilot, uses this real-life story to illustrate his point that the A-10 is saving lives in Afghanistan.

"There have been numerous occasions where our troops have been taking heavy fire, and we show up and either our presence ends the engagement or we employ against enemy positions and end the engagement," said Col. Tony Johnson, the 455th Expeditionary Operations Group commander and an A-10 pilot deployed from Whiteman Air Force Base, Mo.

Up-tempo operations

Flying hours and the amount of bombs and bullets used by A-10 pilots here have increased all summer due to two offensives by ground forces against the enemy.

Operations Mountain Lion and Mountain Thrust flushed Taliban extremists out of where they normally hole-up, exposing them to ground U.S. and Coalition forces who called on A-10 pilots to provide close air support.

"The increase in weapons deliveries is primarily because U.S. and Coalition operations have carried the fight to the

extremists," said Brig. Gen. Christopher Miller, 455th Air Expeditionary Wing commander. One of his jobs is to advise Combined Joint Task Force-76's U.S. Army commander on the use of combat aircraft in Afghanistan.

"Where extremists have attacked the Afghan people and their infrastructure, we have helped defend them, and we have carried the fight to the enemy to push them back and reduce their ability to carry out further attacks," he said. "The whole A-10 team, from the Airmen who launch them to the pilots who fly them, should be proud. They are saving the lives of Americans and many others they don't even know -- and in the big picture, they're enabling the security Afghanistan needs to re-build into a society where terrorists can't flourish."

Preservation of infrastructure and limiting damage on the ground are crucial, since the country of Afghanistan is not the enemy, Colonel Johnson said.

"We're also re-building a country," he said. "I don't know what other aircraft would be better at this than the A-10."

Well suited to Afghanistan

The A-10 was originally designed around its 30-mm Gatling gun, designated the GAU-8. The gun is more of a small artillery piece, firing large bullets into target areas at a rate of 65 per second. The A-10 is the only Air Force aircraft designed specifically for close air support, providing firepower for ground troops in fights with enemy forces.

If the gun is not enough, 11 stations underneath the aircraft hold up to 16,000 pounds of bombs, missiles and rockets.

"Our weapons effects make a decisive impact on the battle," Colonel McBride said. "Ground forces rely on our rapid response and our pin-point accuracy."

But it is not just the A-10's firepower that makes it an excellent choice for supporting Operation Enduring Freedom. The aircraft is designed rugged -- much like the mountainous terrain of Afghanistan.

To enable twists and turns through low valleys and high peaks, the wings stick straight out, allowing small, sharp turns. It is heavily armored for the benefit of its pilots and is built to land and take off from the well-worn surface of Bagram's runway.

See Offensive, Page 2

RESCON Watch

CHARLIE

3 DUIs/ARIs in the Last 30 Days

Days since last DUI/ARI: 19

Rank of last DUI: senior airman
Squadron of last DUI: 52nd EMS

225 Airmen's lives were saved by the Airmen
Against Drunk Driving Program since
Jan. 1, 2006. When going out and your plan falls
through call AADD for a ride, at 06565-61-2233.

Life support technicians keep pilots safe

Story and photos by
Senior Airman Eydie Sakura
22nd Expeditionary Fighter Squadron
Public Affairs Office

MIHAIL KOGALNICEANU AIR BASE, Romania -- Five life support technicians with the 22nd Expeditionary Fighter Squadron work split shifts to ensure the equipment entrusted to their team is in stellar condition for the pilots and their mission.

More than 270 Airmen were here Aug. 8-25, supporting the 22nd EFS in Exercise Viper Lance 2006, an air-to-air and air-to-ground training scenario with the Romanian air force and their MiG-21 pilots.

"You don't ever want to test the equipment (the life support technicians) work on, but if it's 'your day,' you have to depend on that equipment to save your life," said Maj. Brett Rawald, 22nd EFS pilot. "Every pilot in this squadron is confident that (their equipment) will work as advertised."

Having another person's life in their hands is an undertaking the 22nd EFS life support team takes seriously. After each pre-flight brief, the pilots swarm into their area, grabbing gear and suiting up for their flights. The technicians not only make sure the equipment is in excellent condition; they also look over the pilots before they head out the door.

"We make sure everything is buckled and worn as it's supposed to be worn," said. Staff Sgt. Tim Kelso, 22nd EFS life support technician. "If anything did happen on their flight, then the equipment we work on would save their lives."

The life support technicians repair and inspect just about everything a pilot wears and takes into the cockpit.

The gear includes a gravitational force, or G-Force, suit with a bladder worn on the legs and lower torso. A hose connects from the suit to the F-16 in the cockpit, allowing air to fill the bladder when the pilots are under high G-Forces. The air pushes against the muscles that contract, keeping the blood flow toward the upper half of the body to help prevent blackouts.

"When we're pulling a lot of Gs, the blood



Airman 1st Class David Chun, 22nd Expeditionary Fighter Squadron life support technician, places helmets worn by F-16 Fighting Falcon pilots on pegs Aug. 9. Airman Chun is here in support of Viper Lance 2006.

tends to pool toward the lower extremities," Major Rawald said. "The suit helps keep the blood toward the brain."

A harness strapped onto the pilots' backs has a two-fold job. It connects and latches the pilot into the seat of the F-16, and it has a long collar that wraps around the front, down the chest, and acts as a life preserver unit, or LPU.

If a pilot ejects from the cockpit, the harness keeps the person strapped into the seat, and if needed, a floatation device is readily available.

"Our LPUs automatically inflate when we pull on the red knobs on the bottom," the major said.

The third key piece of equipment needed when pilots run out the door is the helmet and mask.

During a post-flight equipment inspection, Sergeant Kelso noticed a hose was too long inside of a helmet. He disassembled the helmet and trimmed the hose. The hose connects to the bladder inside the helmet, and the bladder fills up with air, similar to the G-suit, to make a tighter seal for the mask on the pilot's face

when pilots experience G-Forces. This keen eye and attention to detail keep the equipment operational and the pilots safe.

"What they do may seem mundane to the outsider, but they work on equipment that has the ability to save someone's life," Major Rawald said. "Our life support techs here are doing a great job. It's impressive to see them pick up and move their operations to a new location, which is basically bare, and continue the high level of support they provide at home station."

The job is definitely more "hands on," said Staff Sgt. Melissia Wells, 22nd EFS life support technician.

Most of the time, the last-minute replacements at a deployed location are from helmets -- frayed cords, sticking valves and microphones not testing properly. There are all kinds of fixes the life support team here is ready to patch up and mend.

"We hope that no one will ever need to see the benefits of our work here," Sergeant Wells said.



Staff Sgt. Melissia Wells, 22nd Expeditionary Fighter Squadron life support technician, threads a needle and replaces stitching in a harness F-16 pilots wear to connect them to their parachutes.

Air Force releases Phase 2 of climate survey

WASHINGTON (AFP) -- The Air Force has launched Phase 2 of its climate survey, focused on Air Force culture.

This online survey is part of a large-scale study to understand the culture at large: the values, beliefs and expectations that shape people's everyday behavior. This effort differs from the usual climate survey, which examines command climate in particular units at specific points in time.

In order to reduce the survey burden on the Air Force population, a randomly selected subset of more than 300,000 Air Force civilian, Guard, Reserve and active-duty members were sent direct e-mail invitations to participate in the survey. However, maximum participation is desired for this important undertaking.

All Air Force members willing to participate in the survey are encouraged to access it anytime at the secure Web site at <https://afclimatesurvey.af.mil/phase2>. The survey takes about 30 minutes to complete and will be available through Sept. 10.

Because culture extends beyond particular leaders or units, unit-specific reports will not be generated as they were for Phase 1. The RAND Corporation, a non-profit research institution with a long history of working with the Air Force, will prepare a report for senior military and civilian Air Force leaders on the survey results. The survey findings will be enhanced by a series of focus groups on Air Force culture at bases around the country.

To take the survey, visit <https://afclimatesurvey.af.mil/phase2>.

Offensive

Continued from Page 1

The Combined Air Operations Center in Southwest Asia generates missions for Bagram's A-10s. This high-tech command center runs air operations for both Afghanistan and Iraq.

"We work those guys pretty hard," said Royal Air Force Flight Lt. Matthew Adamson-Drage, a fighter controller who helps assign missions to the A-10s at the CAOC. "The A-10s are pretty much the backbone of (air operations in Afghanistan) because they're flying all the time every day."

Maintenance magic

To keep the A-10 in fighting form and to meet this summer's sweltering pace, the 455th Expeditionary Maintenance Group had to get creative to keep the aircraft ready for missions.

Airmen in the 455th Expeditionary Maintenance Squadron, commanded by Maj. Tim Coger, deployed from Spangdahlem AB, work around the clock on two aircraft at a time in Bagram's A-10 "phase hangar." Every 400 flight-hours, an A-10 requires a thorough inspection of certain essential parts.

"We're flying off 400 hours here faster than we do at home station," Major Coger said. "The maintenance tempo is driven by the flying. Since the pilots are flying the jets more, it has caused us to do more maintenance."

And they are not just keeping aircraft flying, maintainers also load the weapons A-10s need to support ground troops.

That is where Master Sgt. Dennis Peterson, from Spangdahlem AB, comes in. He is the 455th Expeditionary Aircraft Maintenance Squadron's chief weapons loader.

"It's been steady work ever since we touched down here," he said. "Rarely a day goes by when (the A-10s) don't come back empty. To see that airplane come back empty is the hallmark of being a weapons loader."

Since arriving here in May, the load teams at Bagram keep a running score of the bombs, rockets and bullets used by A-10s



Photo by Maj. David Kurlle

An A-10 *Thunderbolt II* from the 442nd Fighter Wing, Whiteman AFB, Mo., flies a combat mission for Operation Enduring Freedom over Afghanistan. A-10s are deployed from Whiteman and Spangdahlem Air Base, Germany, to the 455th Air Expeditionary Wing at Bagram Airfield.

by posting the tallies on a mural painted next to the group's lounge to remind Airmen about the gravity of their mission.

"Our maintenance troops have performed magnificently," Colonel McBride said.

The sum of maintenance and flying efforts enables the A-10 to be an effective protector of U.S. and Coalition ground forces on the front lines against extremists.

"The A-10 is employing lethal firepower when it's needed most by troops on the ground," said Capt. Rick Mitchell, deployed from Whiteman AFB. "There's nothing more rewarding to a close air support pilot than knowing the firepower you employed just saved the lives of guys on the ground."



Photo by Tech. Sgt. Pamela Anderson

Top Saber Performer

Name: Benjamin Kratzer
Unit: 52nd Medical Operations Squadron
Duty title: NCOIC pf Bitburg Annex emergency room
Hometown: Coggon, Iowa
Years in service: 16 years
Contributions to 52nd Fighter Wing mission success: Sergeant Kratzer did an outstanding job as the co-coordinator of medical coverage for the 52nd Wing Open House. He coordinated American and German ambulance crews and scheduled more than 40 medical personnel to ensure 10 hours of emergency medical support for more than 8,000

attendees. He did this on top of his duties as NCOIC of the emergency room, where he cares for patients and supervises and mentors 10 junior medical technicians. On his off time, Sergeant Kratzer is a true goodwill ambassador. He is a local history expert and travels throughout the area, staging battle re-enactments and illustrating the important lessons that history can teach us. Sergeant Kratzer is an exemplary medical technician, leader, mentor and teacher.

Off-duty volunteerism and professional development pursuits: Sergeant Kratzer graduated Summa cum Laude in 2004 with a bachelor degree in history; he is currently pursuing his master's degree in European history. He is also the historian for the European Military History Group, and he organizes medical coverage for base events.

What do you do for fun? I play guitar, listen to music and audio books, bike riding, I read lots of books and I travel as much as possible.

What do you like most about being stationed here? I like being on a continent with 3,000 years of history.

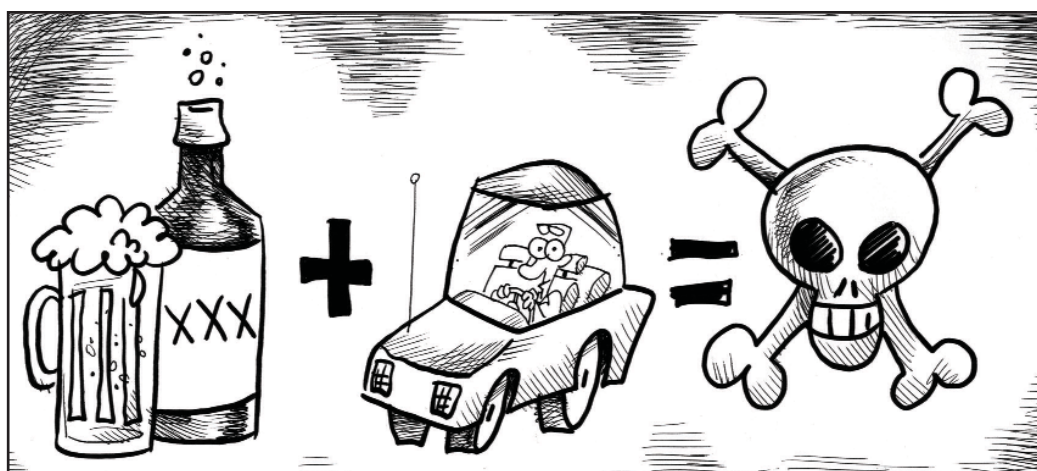
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would make a map of bike trails in the Eifel accessible to all personnel.



Photo by Senior Airman Eydie Sakura

Working with coalition forces

Col. Darryl Roberson, 52nd Fighter Wing commander, left, discusses the capabilities of the F-16 *Fighting Falcon* with Lt. Gen. Gheorghe Catrina, Romanian air force chief of staff, right, and Col. Dan Buciaman, Romanian air force 86th Air Wing commander, middle, Aug. 21 during Exercise Viper Lance 2006 at Mihail Kogalniceanu Air Base, Romania. This exercise marks the first time F-16s have trained here.



Eifel Salutes

38th Munitions Maintenance Group

Staff Sergeants Bobby Haddix and Donald Blackmon showed outstanding teamwork and dedication to the mission during the 2006 USAFE's staff assistance visit. This dynamic team provided cradle-to-grave support to 31 team members for eight days. **Staff Sgt. Shubert Mendez** is the definition of a 'can do' attitude. No matter what the task or challenge, he is always ready, willing and able to accomplish it. He recently became the first 701st Munitions Support Squadron Airman to deploy as part of an air expeditionary force rotation. Keeping things in order is what **Staff Sgt. Henry Norrington** does, managing a more than 100 item checklist to ensure 14 controllers at the 701st MUNSS Command Post can quickly respond to any incident and make notifications in a timely manner. Sergeant Norrington also oversees the console operations to ensure quick reaction notifications and reporting are made to protect \$1.5 billion in U.S. Protection Level 1 war reserve assets in support of the NATO strike mission.

52nd Maintenance Group

Tech. Sgt. Calvin Joyner and **Senior Airman William Watson** aggressively prepared the Avionics Flight Support Section for their annual technical order inspection. Their attention to detail and months of preparation led to MXG inspectors finding zero defects while critically examining more than 250 TOs contained in five separate accounts.

52nd Medical Group

Staff Sgt. Jesus Aimero, 52nd Aerospace Medicine Squadron Optometry Flight, readied

the crew for an upcoming humanitarian mission by acquiring and inspecting more than 100 glasses to be given to needy populations. To keep Sergeant Aimero busy drop off any unwanted glasses at the Optometry Flight.

52nd Mission Support Group

Congratulations to **Airmen 1st Class John Black, Durgut Halimi and Zachary Hedquist**, who were selected as Airmen Below the Zone recipients for the 52nd Civil Engineer Squadron. **Staff Sgt. Fay Craigmie** showed she's smokin' by being named the June Fire Officer of the Month at Al Udeid Air Base.

CDC 90s Club

Showing excellence under pressure are **Senior Airman Michael Hulcy**, 52nd Civil Engineer Squadron; **Airman 1st Class Ashley Hunter**, 52nd Aircraft Maintenance Squadron; **Staff Sgt. Randy Ivie**, 52nd Component Maintenance Squadron; and **Staff Sgt. Corey Kendrick**, 52nd CMS, who all scored more than 90 percent on their Career Development Course exams.

July yard, balcony winners

A green thumbs up to the July yard and balcony of the month winners:

♦ Bitburg Balcony of the Month – **Tech. Sgt. John Conner and family**

♦ Spangdahlem Balcony of the Month – **Senior Master Sgt. Shawn Witten and family**

♦ Speicher Yard of the Month – **Staff Sgt. Travis Edgell and family**

♦ Binsfeld Yard of the Month – **Master Sgt. Arthur Perez and family**

(Compiled by Staff Sgt. Tammie Moore, 52nd Fighter Wing Public Affairs Office)



Photo by Senior Airman Eydie Sakura

Top Saber Team

Unit name: 52nd Fighter Wing Safety Office

Unit responsibilities: Wing safety is responsible for the prevention and investigation of weapons, ground and flight mishaps. Ground conducts the briefings that allow Sabers to get their USAFE driver's licenses, runs the Allgemeiner Deutscher Automobil-Club drivers course and the Motorcycle Safety Flight course that USAFE requires for motorcycle licensing. The flight and human performance training team keep pilots up-to-date on the latest incidents Combat Air Force-wide and give them tools to avoid repeating those mistakes. Weapons safety insures that everything on this base that can "go boom" doesn't do so at the expense of our lives.

Team contribution to the 52nd FWs mission: Safety is involved in virtually every mission found at the wing. From keeping the wing's landings equal to the number of takeoffs, to teaching the nuances of driving in Germany, safety is there. Just as importantly, each and every Saber is their own safety professional when they perform their own personal risk assessment and choose to gear up before getting on a motorcycle, wear a seatbelt in the car and designate a driver before consuming alcoholic beverages.

Team's other contributions through the year: Safety has provided oversight to the Saber driving course right here at Spangdahlem AB. The course will give all Sabers the chance to first experience the slick conditions found on the roads in winter, in a safe controlled environment. Safety has also been informally organizing sport bike riders and encouraged them to take their more aggressive riding off the roads and onto the controlled environment of the track.

Heading back to school

With backpacks on and lunches in hand, Eifel children make their way to classrooms Monday

Leadership welcomes new, old students

A message from the Kaiserslautern superintendent

By Lawanna Mangleburg
Kaiserslautern district superintendent

The Kaiserslautern District would like to take this opportunity to welcome you to school year 2006-2007. As a new or returning member of the Department of Defense Dependents School-Europe family, your contribution to the school and its programs is an important and meaningful part of our partnership in education.

Each school year brings change, and this school year is no exception. As DoDDS-Europe continues to implement new initiatives and refine others, your involvement in all school/district educational programs is essential and greatly appreciated. This year, we will be implementing new mathematics text materials, as well as working on the pre-implementation of physical education and health materials. As always, we will be working with individual student data and working on strategies to ensure the success of every child in each classroom of our district.

I invite you to join the teachers, administrators, support staff and Kaiserslautern District Office personnel in forging a collaboration of common goals, values and priorities. In order to have this meaningful partnership, it is incumbent on each of us to maintain effective lines of communi-

cation. Come to our schools, even if it is just to visit or seek information. We also welcome volunteers and hope that you will get involved in PTA, parent-teacher organizations, the school advisory committee and school board meetings. When all members of the school community commit to an open, honest and on-going dialogue, parents are informed of school activities, we are aware of your concerns and interests, and students understand that they are the focus of our endeavors.

The Kaiserslautern District is committed to providing every possible opportunity for all students to become productive members of society. Therefore, it is our hope that parents will take an active role in the educational process. Research clearly indicates that when parents take an active role in the education of their children, student achievement increases significantly. In order to ensure the development and continuation of quality programs and optimal educational opportunities for students, I encourage all members of the community to become involved in our schools.

We are committed to working with each child in our schools and doing everything in our power to help them to be successful. In order to do this most effectively, we need your help and involvement.

A message from the DoDDS-Europe director

By Diana Ohman
Department of Defense
Dependent Schools-Europe director

Welcome to the 2006-2007 school year.

Last year, and over the summer months, Department of Defense Dependents Schools-Europe experienced incredible change. We have closed, merged and expanded schools across Europe to meet the Department of Defense's transformation effort.

This undoubtedly will be another year of change -- and challenge. Nonetheless, DoDDS schools will continue to provide a stable learning environment. Our teachers will con-

tinue the traditional business of teaching. Our students will continue the exciting business of learning. With parental and community involvement, this will be another successful year with test scores far above the national average.

During these times of change, you have my assurances that DoDDS-Europe will do everything possible to minimize the negative impact that change often brings. Our decisions to make change within our schools will take into consideration the quality of the students' educational environment, as well as the families' overall quality of life. Teachers will remain in place

-- so long as there is a student to teach. Closing facilities will remain fully functional until the last student departs.

Every student should know that these are exciting times; we will show and teach you. Every teacher should know that you are part of the DoDDS family; we will take care of you. Every Soldier, Sailor, Airman, Marine, civilian and contractor should know that you have made the right choice in bringing your families to Europe with you; we are here to support you and your family.

These are exciting times. We are thrilled to be a part of them.

School Notes

First day of school

Spangdahlem AB and Bitburg Annex school classes end at 11 a.m. Monday.

Reduced lunch forms

Parents need to submit U.S. Department of Agriculture free and reduced lunch applications to building 151 as soon as possible. Applications can be picked up at any school, building 151 or on the Intranet at: http://intranet/52fw/52msg/52MSG_Staff/DoDDS/docs/Application%20with%20Instructions%202006-07.doc.

Vaccination requirements

Military medical commands and Department of Defense Dependents Schools-Europe added three student inoculations. They are Meningococcal Conjugate Vaccine; Tetanus and Diphtheria Toxoids and Acellular Pertussis Vaccine; and Hepatitis A. The updated version of the immunizations form is available at <http://www.dodea.edu/communities/medical.htm>. The additional immunizations are age-specific -- not all students will be required to have all of the vaccines.

Bitburg Elementary School

♦ Bitburg Elementary School hosts Kindergarten "Open House" Monday. Families with last names beginning with A-L are invited to visit from 8:45-9:45 a.m. and last names beginning with M-Z visit from 10-11 a.m.

♦ Kindergarten home visits take place Monday through Sept. 1, and kindergarten classes start Sept. 5.

♦ Child find screenings for 3-4 year-olds take place Sept. 6 from 9 a.m. to 2 p.m. Call for an appointment.

♦ The BES hosts an open house Sept. 7 from 4-5:30 p.m.

Bitburg Middle School

♦ Bitburg Middle School hosts an open house Sept. 14 from 5-6 p.m.

Bitburg High School

♦ Bitburg High School hosts an open house Sept. 6 from 4-6 p.m. Immediately following the open house, the Baron Booster Club invites BHS community members to a spaghetti dinner and membership meeting; cost is \$3 per person.

Spangdahlem Elementary School

♦ Spangdahlem Elementary School offers first grade orientations today from 2:30-3 p.m. and new parent orientation at 4 p.m. in the cafeteria.

♦ The SPES hosts Kindergarten "Open House" Monday. Families with last names beginning with A-L are invited to visit from 8:45-9:45 a.m. and last names beginning with M-Z visit from 10-11 a.m.

♦ Kindergarten home visits take place Monday through Sept. 1, and kindergarten classes start Sept. 5.

♦ The BES hosts an open house Sept. 14 from 4-5:30 p.m.

Spangdahlem Middle School

♦ The Spangdahlem Middle School offers a new student orientation today at 10 a.m. in the school media center. For more information, call Dr. Sennie Smith at 452-7205.

♦ The SPMDS hosts an open house Monday from 8-11:20 a.m. The principle, counselor, nurse and media specialist will be available all morning to answer questions.

Important information

Points of contact

Schools' Liaison Officer: Audrey Burkel
Phone number: 452-6942

Intranet: http://intranet.spangdahlem.af.mil/52fw/52msg/52msg_staff/DoDDS/default.asp

E-mail: 52msg.dodds@spangdahlem.af.mil

Bitburg High School:

Principal: David Carlisle

Phone numbers: 452-9202 or 452-/9337

Internet: <http://www.bitb-hs.eu.dodea.edu/>

E-mail: BitburgHS.Principal@eu.dodea.edu

Bitburg Middle School

Principal: Susan Hargis

Phone number: 452-9310

Internet: <http://www.bitb-ms.eu.dodea.edu/>

E-mail: BitburgMS.Principal@eu.dodea.edu

Bitburg Elementary School

Principal: Joseph Lovett

Phone number: 452-9215

Internet: <http://www.bitb-es.eu.dodea.edu/>

E-mail: BitburgES.Principal@eu.dodea.edu

Spangdahlem Middle School

Principal: Elizabeth Childs

Phone number: 452-7205

Internet: <http://www.spang-ms.eu.dodea.edu/>

E-mail: SpangdahlemMS.Principal@eu.dodea.edu

Spangdahlem Elementary School

Principal: Barbara Laffoley

Phone number: 452-6881

Internet: <http://www.spang-es.eu.dodea.edu/>

E-mail: SpangdahlemES@eu.dodea.edu

Eifel School Student Transportation Office

assistant: Gina Cavazos,

Phone numbers: 452-5340, 452-5352 or 0160-3304103

E-mail: eifel.detmo@eu.dodea.edu

Kaiserslautern District Superintendent's Office:

Superintendent - Lawanna Mangleburg

Assistant superintendent - Kathryn Forystek

Assistant superintendent - Elaine Grande

Chief of Staff - Matt Syarto

Business Manager - Gene Meyer

Internet: <http://www.kais-dso.eu.dodea.edu/>

Director, DoDDS-Europe: Diana Ohman

Internet: <http://www.eu.dodea.edu/default.htm>

DoDEA director: Dr. Joseph Tafoya

Internet: <http://www.dodea.edu/>

Online Registration Site: <http://www.eu.dodea.edu/school-register.htm>

No school and half school days

Sept. 4 -- Labor Day

Oct. 6 -- CSP Staff Development Day

Oct. 9 -- Columbus Day

Nov. 3 -- Teacher Work Day

Nov. 8 -- SPES and BBES Parent Conference Day

Nov. 9 -- Parent Conference Day

Nov. 10 -- Veteran's Day

Nov. 23 -- Thanksgiving

Nov. 24 -- Thanksgiving Recess Day

Dec. 8 -- BBES and BBMS 11 a.m. dismissal

Dec. 25 to Jan. 7 -- Winter Recess

Jan. 15 -- Martin Luther King, Jr. Day

Jan. 26 -- Teacher Work Day

Feb. 2 -- Parent Conference Day

Feb. 12 -- CSP Staff Development Day

Feb. 19 -- President's Day

March 9 -- BBES and BBMS 11 a.m. dismissal

April 6 -- Teacher Work Day

April 9 to 15 -- Spring Recess

April 27 -- BBES and BBMS 11 a.m. dismissal

May 25 -- BBES and BBMS 11 a.m. dismissal

May 28 -- Memorial Day

Image --
it's more
than the
Air Force
name

By Maj. Michael Egbalic
52nd Equipment Maintenance Squadron
commander

Like most military leaders and supervisors do, I attend almost all military ceremonies, from professional military education graduations to induction ceremonies to award banquets.

For the most part, I am proud of the Airmen during their day in the sun when they receive their diploma, sport their new rank or accept an award. There were some though, whose day in the sun was clouded by their rather overwhelming appearance as they glided across that stage.

Despite the Air Force's emphasis on fitness, it is not enough that we pass our annual physical fitness test. We must also meet four expectations set forth in Air Force Policy Directive 36-29, *Military Standards*. They are neatness, cleanliness, safety and military image. Now, I don't expect every member to look like a movie star or professional athlete, but we do need to look like a "fit-to-fight" force and not a "fit-too-tight" one.

Keeping a professional military image also extends past our uniforms.

"We are members of the world's greatest Air Force. We are well reputed and well renowned. It's our duty to look and act like it and to live up to our name."

Maj. Michael Egbalic,
52nd Equipment Maintenance Squadron commander

How many times have you been driving down the road, only to have your music drowned out by another vehicle's music that is so loud it reminds you of an outdoor concert? Or maybe you've dined at an off-base restaurant only to see a GI wearing offensive or inappropriate clothing that would make Madonna blush. How about driving down the narrow streets of a German village, barely missing an inattentive driver who was too busy holding a conversation on their cell phone?

These situations can give German national hosts a negative image of us. As stewards and ambassadors of our country, we must demonstrate the most positive image we can to promote a lasting and cooperative international relationship. Not drawing attention to ourselves not only shows our willingness to belong to the com-

munity, but it's another measure of force protection.

Additionally, cat calls with explicit and inappropriate innuendos in any situation can do more harm than good. It's great to hear a unit show their pride and motivation with their chant at base functions, but when responses are derogatory, it kills the camaraderie and morale of those present. Bottom line is that those types of calls are uncalled for and inappropriate.

General George S. Patton Jr. once said, "If you can't get them to salute when they should salute and wear the clothes you tell them to wear, how are you going to get them to die for their country?"

We are members of the world's greatest Air Force. We are well reputed and well renowned. It's our duty to look and act like it and to live up to our name.

Votes for women!
Airman finds new meaning in voting for America's freedoms

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

The other day, I breezed past a coffee table and saw a striking photo of a woman in a Burka. This woman was on the cover of a national news magazine. She was showing the camera her ink-stained finger.

I thought to myself, "Why is she showing me her dirty pointer finger, and why is she the dominant photo on the cover of this famous magazine?"

I ignored it. I was too busy to answer my own inquiry. I went about my day.

The next day, I walked by this mysterious woman again. I reached down and grabbed the magazine and read her story.

It was the first time this Afghani woman had ever voted. Unlike our "I voted" stickers we proudly wear upon our chests, her stained finger was proof that she voted. Despite threats from al-Qaida and the Taliban, she exercised her sovereign right to vote in her country. She was taking steps toward rebuilding peace and democracy in Afghanistan. I immediately admired her, yet felt guilty for not taking

action in my own country. To squelch this guilty feeling, I did a little research on the famous suffragette Susan B. Anthony and the Women's Rights Movement. Ms. Anthony wrote and introduced the Federal Women's Suffrage Amendment to Congress in 1878, but it wasn't passed as a law for more than 30 years, 13 years after Ms. Anthony's death. This meant that thousands of women had struggled, fought and gone to prison for the right to vote -- something I take for granted each first Tuesday in November.

The 19th Amendment to the U.S. Constitution: Women's Right to Vote was enacted in 1919 through the blood, sweat and tears of generations before me.

Nevertheless, perhaps a new trend toward women's empowerment and education is bubbling its way to the surface of change, because historically, men vote at higher rates than women. However, according to the U.S. Census Bureau's November 2004 Current Population Survey Voting and Registration Supplement, more than 215 million vot-

ing-age citizens voted in the 2004 elections; with 65 percent of women voting compared to 62 percent of men. Only time will tell if this is a step toward a new beginning.

August 26 is Women's Equality Day. It's a day celebrating women's right to vote. I encourage all women to vote and to not take for granted the freedoms we have been allotted and continue to fight for in our country, as well as for people in countries around the world.

I think of that mysterious woman in the Burka and the pride she must have felt with flexing her political and mental muscle. She is doing something I, as an American woman, was privileged to have as a "birth right" when I reached the age of 18. I think Ms. Anthony would be pleasantly surprised with her accomplishments in the United States and around the world 100 years after her death.

"It was we, the people; not we, the white male citizens; nor yet we, the male citizens; but we, the whole people, who formed the Union." -- Susan B. Anthony

Voting overseas?
Here is what you need to know:

- ♦ Contact your Unit Voting Assistance Officer for help in absentee registration and voting;
- ♦ Visit the Federal Voting Assistance Program's Web site at www.fvap.gov for information on the absentee registration and voting process;
- ♦ Ensure that you have applied for your absentee ballot using the hard copy or on-line versions of the FPCA;
- ♦ Make sure your local election official has your current mailing address;
- ♦ Sign and date all election materials;
- ♦ Fulfill your state's witness/notary requirements (if required);
- ♦ Ensure your ballot or FPCA is postmarked;
- ♦ Register to vote and request your ballot in a timely manner -- no later than mid-September;
- ♦ Vote - mail ballot no later than Oct. 15 of the election year; and
- ♦ Use the Federal Write In Absentee Ballot if you are overseas and your state absentee ballot does not arrive in time to be mailed back by the state's deadline.

Eifel Times

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Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.



Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie
Scoreboard

| Aircraft | Goal | Flown | Delta |
|----------|------|-------|-------|
| 22FS | 367 | 208 | -49 |
| 23FS | 322 | 252 | +33 |
| 81FS | 362 | 255 | +15 |

*Delta is contract vs. sorties flown to date.

Through Aug. 21

Courtesy of the 52nd Operations Support Squadron
Plans and Scheduling Section

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

Education opportunities

The Top 3 and Company Grade Officers Council will award two \$100 scholarships to technical sergeants and below who are enrolled in courses in the coming term. The award is based on an essay submission. In addition, senior airmen and below who sign up for their first college class can receive a \$75 award by being one of the first four to fill out a first book application and submit it for reimbursement by the Top 3. Submission deadline is Sept. 1. For more information, visit the Top 3 education committee Web site at <http://intranet/WingSites/ProfOrgs/Top3/Docs/WebPages/education.asp>.

Eifel Cub Scouts

The Eifel Cub Scouts needs den leaders and other volunteers for the Spangdahlem AB and Bitburg Annex scouting packs. For more information, call Lin Hairstone at 06565-955997 or Kevin Rokey at 06554-900892.

Eifel Wanderer Club meeting

The Eifel Wanderer Volsmark Club monthly meeting takes place Wednesday at 7 p.m. The group will meet at Gasthaus Stein Reiter in Metterich to plan the 2007 hike in Malburg. People ordering dinner should arrive by 6:30 p.m. Non-members and families are welcome. For more information, e-mail eifelwander@hotmail.com.

Fall Bazaar volunteers

The Spangdahlem Officers and Civilians Spouses Club is seeking 2006 Fall Bazaar volunteers to help with set up, process credit cards, serve as runners, assist vendors and more. Volunteers receive an opportunity to shop before everyone else Oct. 13 from 10 a.m. to noon and childcare reimbursement while volunteering. For more information, e-mail Iwanttovolunteer@hotmail.com.

Hispanic Heritage Month

The Multi-Cultural Awareness Committee seeks volunteers to assist with dancing, floats, music and more for the Hispanic Heritage Parade Sept. 15. For more information about the parade or

upcoming events, call 2nd Lt. Fernando Defillo at 452-2054.

Home schoolers meeting

The Eifel Home schoolers hosts the 2006-2007 School Year Organizational Meeting Wednesday from 6-7 p.m. at the Chapel Annex. For more information, call Kimberly Carpenter at 06565-942675.

Library hours

Spangdahlem AB Library hours of operation are Mondays through Thursdays from 10 a.m. to 8 p.m., Fridays from 10 a.m. to 6 p.m. and Saturdays and Sundays from 11 a.m. to 4 p.m. The Bitburg Annex Library is temporarily closed due to manpower issues.

Playgroups

The Spangdahlem AB Playgroup meets Tuesdays from 10 a.m. to noon on the first floor, building 409, stairwell A. The Bitburg Annex Playgroup meets Thursdays from 10 a.m. to noon in building 2012 in the Community Center Playhouse and Family Room. Both playgroups are open to all parents and their infants and pre-schoolers. For more information, call Cecilia Diaz at 452-8279.

Poetry night

Poets are encouraged to celebrate Women's Equality Month with a special reading of poems written by women during poetry night Thursday from 6-8 p.m. at the Brick House.

SAC nominations

Today is the last day the Bitburg High School Advisory Committee is taking nominations for parent and teacher representatives. Parents of BHS students with a June 2008 date eligible for return overseas or later are invited to submit their names for nomination. An election to fill open positions takes place during the BHS Open House Sept. 6. For more information, e-mail BitburgHighSAC@hotmail.com.

Shades of gray

The 52nd Fighter Wing Equal Opportunity Office is presenting a lecture about diversity, awareness, understanding and inclusion, called "Shades of Gray," by John Gray, Sept. 6 from 9-11 a.m. in the Eifel Club ballroom. For more information, call 452-4501.

SSEMC meeting

The Spouses and Enlisted Members Club meets Saturday for a summer family

barbecue at the base pavilion. For more information, e-mail catering@ssemc.org.

Thrift Shop

The Spangdahlem AB Thrift Shop is open Tuesdays through Thursdays from 11 a.m. to 5 p.m. for sales. Donations are always welcome, and consignments are taken until 4 p.m. For more information, visit the Thrift Shop in Spangdahlem AB housing, building 410, basement A, or call 452-2243.

Upcoming services classes

The 52nd Services Squadron offers the following classes during September.

- ♦ A woodworking class, Sept. 7 and 14 from 6-8 p.m., cost is \$35
 - ♦ A one day beginners' framing class, Sept. 9 from 9 a.m. to noon, cost is \$30
 - ♦ A basic auto care class, Sept. 13 from 5-6:30 p.m., cost is \$25
 - ♦ A one day advanced matting cutting class, Sept. 16 from 9 a.m. to noon, cost is \$20
 - ♦ A cake decorating class, Sept. 20 from 6-9 p.m., cost is \$30
 - ♦ A tole painting class, Sept. 26 and 31 from 5:30-8:30 p.m., cost is \$12 plus the cost of wood
 - ♦ A beginners' quilting class, running six-weeks long on Thursdays begins Sept. 28 from 6-8 p.m., cost is \$35.
- Sign up early; space is limited. For more information or to sign up for auto skills classes, call 452-6841. For more information or to sign up for arts and craft center classes, call 452-6841.

Upcoming teen center events

The youth center is hosting the following events during September.

- ♦ A Lock In take place Sept. 9 from 8 p.m. to Sept. 10 at 10 a.m. in the Bitburg School Age Program; cost is \$15 for members and \$20 for non-members. Sign up by Sept. 1.
 - ♦ A Back to School Blow Out runs Sept. 15 from 7-9 p.m. in the Bitburg Annex youth center; cost is \$5 for members and \$7 for non-members.
 - ♦ Enjoy Give Parents a Break at Spangdahlem AB SAP for youths ages 6-12, Sept. 15 from 6:30-11:30 p.m. Sign up by Sept. 14 at noon. Parent's Night Out parents pay \$15 at the time of reservation.
 - ♦ Enjoy Give Parents a Break at the Bitburg Annex SAP for youths ages 6-12, Sept. 16 from 10 a.m. to 3 p.m. Sign up by Sept. 14 at noon. Parent's Night Out parents pay \$15 at the time of reservation.
- For more information, call Patti Porter at 452-9206.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

Protestant

- ♦ Sunday, traditional service at 10:30 a.m., Korean service at 1 p.m. and Sunday Night Live service at 5 p.m.

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

Protestant

- ♦ Sunday, Liturgical service at 8:15 a.m., Contemporary service at 9:30 a.m. and Gospel service at 1 p.m.

Happenings

- ♦ A free concert featuring Demetrius McClendon takes place Saturday at 3 p.m. in the Bitburg Annex Chapel.

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



Pizza Hut Express

Monday-Wednesday
4-8 p.m.

Thursday-Friday
4-9 p.m.

Saturday-Sunday
1-7 p.m.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Aug. 31. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

◆ *You, Me and Dupree* (PG-13, 7 p.m.)

Carl and Molly Peterson are just starting their new life together -- complete with a cute house, stable jobs and the routines of newlywed existence. There's just one unfortunate hitch. And his name's Dupree.

◆ *Nacho Libre* (PG, 9:30 p.m.)

Nacho is a man without skills. After growing up in a Mexican monastery, he is now a grown man and the monastery's cook, but he doesn't seem to fit in. Nacho cares deeply for the orphans he feeds, but his food is terrible. He realizes he must hatch a plan to make money to buy better food for "the young orphans, who have nothing." When Nacho is struck by the idea to earn money as a Lucha Libre wrestler, he finds that having heart can sometimes mean more than having a natural, raw talent.

Saturday

◆ *Garfield: A Tale of Two Kitties* (PG, 7 p.m.)

When Garfield follows his owner, Jon, to England, the U.K. may never recover, as Garfield is mistaken for a look-alike, regal cat who has inherited a castle. Garfield savors the royal treatment afforded by his loyal four-legged subjects, but his reign is in jeopardy. The nefarious Lord Dargis is determined to do away with Garfield, so he can turn the castle into a resort. Garfield's bigger, better, more purr-fect world is soon turned upside down.

◆ *You, Me and Dupree* (9:30 p.m.)

Sunday

◆ *Garfield: A Tale of Two Kitties* (7 p.m.)

◆ *The Lake House* (PG, 7 p.m.)

An independent-minded doctor who once occupied an unusual lakeside home begins exchanging love letters with its newest resident, a frustrated architect. When they discover that they're actually living two years apart, they must try to unravel the mystery behind their extraordinary romance before it's too late.

Monday

◆ *Nacho Libre* (7 p.m.)

Tuesday

◆ *The Lake House* (7 p.m.)

Wednesday and Thursday closed

Bitburg Castle

Today

◆ *The Fast and the Furious: Tokyo Drift* (PG-13, 7 p.m.)

Sean Boswell is an outsider who attempts to define himself as a hot-headed, underdog street racer.

◆ *Pirates of the Caribbean: Dead Man's Chest* (PG-13, 9:30 p.m.)

Captain Barbosa, Will Turner and Elizabeth Swann must sail off the edge of the map, navigate treachery and betrayal and make their final alliances for one last decisive battle.

Saturday

◆ *Cars* (G, 7 p.m.)

A hotshot rookie race car discovers that life is about the journey, not the finish line, when he finds himself detoured in the sleepy Route 66 town of Radiator Springs. He realizes there are more important things than trophies, fame and sponsorship.

◆ *Pirates of the Caribbean: Dead Man's Chest* (9:30 p.m.)

Sunday

◆ *Cars* (4 p.m.)

◆ *The Fast and the Furious: Tokyo Drift* (7 p.m.)

Monday and Tuesday closed

Wednesday

◆ *Cars* (7 p.m.)

Thursday

◆ *Pirates of the Caribbean: Dead Man's Chest* (7 p.m.)



Photo by 1st Lt. Shannon Collins

Knights battle it out during a performance at Manderscheid castles, located in the heart of the Eifel. The annual Manderscheid Burgen festival swings into action Saturday and Sunday.

Celebrate medieval times

Knights jousting, peasants singing, spend the day out of time at Manderscheid castle

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Manderscheid Burgen festival. Two splendid fortresses make up an impressive background for a historical spectacle Saturday and Sunday in Manderscheid, a tourist town located in the heart of the Eifel and home to the Manderscheid burgen festival.

At the Turnierwiese, jousting meadow or training grounds, at the foot of the Niederburg, or lower castle, knights will perform jousting tournaments, battling on horses with lances and swords, with bows and spears.

Minstrels and small singing groups will present songs and ballads from three centuries ago. They will accompany dances from the 15th and 16th centuries on historical instruments. A small village will be built on the jousting meadow to show what life was like in the Middle Ages.

A traditional handicraft market will be set up at the same time and will remain open on both days, starting at 11 a.m.

The festival officially kicks off Saturday at 11 a.m. with announcements and entertainment by the Saltarello ensemble.

Jugglers, stilt walkers, medieval singing performances and plays can be seen, starting at 11 a.m., in various locations surrounding the castle. Historical fighting scenes by the feudal knights are scheduled, and games and plays will occur in the festival area throughout the afternoon.

Highlights are jousting performances by the famous "Loewenritter," or Lion Knights, at 2:30 p.m. Aug. 26 and 27. Night tournaments are scheduled for 7 p.m. Sunday.

A giant fireworks display takes place Saturday at 10 p.m. over the Niederburg castle. More entertainment and dancing will follow the fireworks display.

A children's tournament and entertainment are scheduled Saturday at 11 a.m.

Activities continue with a church service Sunday at 10 a.m. More middle-ages action kicks off at noon with historical fencing performances by the knights. Medieval games, fencing performances, music, plays and singing will occur in the afternoon.

Sunday's entertainment continues on until about 10 p.m., when this year's Manderscheid historical festival comes to an end with a concert.

There is an entry fee for adults and children, ages 12-17. Children younger than age 11 are admitted free. Americans are especially invited to join the celebrations of this unique festival.

Artists are always present and performing their acts everywhere throughout the year. The Oberburg, upper castle, is the oldest and dates from the year 973. The Niederburg was first recorded in 1173.

Manderscheid is located north of the Mosel River, directly north of the Autobahn A-48. To get there, take a right outside the main gate and follow the signs to Manderscheid. As you get into Manderscheid, stay on the main road until you get to the first main intersection. Take a right at this intersection, following the signs "Zu den Burgen," or to the castles.

Visitors may also consider parking in the center of town and taking the free shuttle bus to the castles.

Information, Tickets and Tours offers a trip to the Manderscheid Jousting Festival Saturday. For more information, call 452-6567.

Out and About

- ◆ Listen to music, featuring techno, house, soul, Rn'B and hip hop **tonight** at 10 p.m. at the Trier Star Club.
- ◆ People age 30 and over may enjoy Happy Hour **tonight** between 11 p.m. and midnight at the Trier Palais Walderdorf, located across from Trier's famous Dom Cathedral.
- ◆ Intermediate Salsa dance classes are offered **tonight** at 7:30 p.m. at the Trier Forum.
- ◆ An Evening on the Lake is the name for a pop concert by Simply Red & guests **tonight** at the Losheim Stausee lake.
- ◆ Enjoy listening to a 30-minute organ concert **Saturday** at the Trier Dom Cathedral.
- ◆ Niersbach will host its annual village festival **Saturday and Sunday**. Dance music will be played Saturday at 9 p.m. Musical entertainment will be provided Sunday from 11:30 p.m. on. Coffee and cake will be available for purchase Sunday at 3 p.m. Musical entertainment by various local music clubs will be played throughout the afternoon, starting at 3:30 p.m.
- ◆ A historical village festival takes place **Saturday and Sunday** in Wittlich-Dorf. A variety of historical entertainment is scheduled.

- ◆ A classical organ concert takes place **Sunday** at 5 p.m. at the famous Pruem Basilica.
- ◆ The Wittlich model airplane club will host an open house **Sunday** on Wittlich Finthenberg. For more information, visit www.msw-wittlich.de.
- ◆ Listen to jazz music **Tuesday** at the Palais Walderdorf.
- ◆ The Bernkastel Middle Mosel wine festival, a highlight event of the area, will take place **Thursday through Sept. 4** in the scenic tourist town of Bernkastel-Kues. Much fun, wine sampling and a brilliant fireworks display are on schedule again this year. Bring a blanket to sit down and relax the fireworks. This is a highlight event attracting many thousands of visitors.
- ◆ Plan to see the famous Aida opera **Sept. 1** at the Morbach Baldenau hall.
- ◆ Plan to attend a jazz concert by the Rhythm & Swing Big Band **Sept. 2** at the Lottoforum at the Trier Petrisberg.
- ◆ African percussion classes are regularly offered by the Trier Tuchfabrik cultural center. For more information or to sign up for a free, sampling course, call 0651-9663182.

Sports Briefs

AFSA golf tournament

The Air Force Sergeants Association hosts a four man scramble format golf tournament Sept. 8 with an 8 a.m. shotgun start at the Lietzenhoff Golf Club in Burbach. Cost is 35 euro. For more information, call Master Sgt. Boyd Middlebrook at 452-2267.

Belly dancing

A belly dancing for fun and fitness class takes place Tuesdays from Sept. 5 to Oct. 24 at 6 p.m. in the Spangdahlem AB fitness center. The class provides a belly dancing overview and improves posture, flexibility, muscle tone, endurance and more. Cost is \$30. For more information or to sign up, call 452-6634.

Bowling center

- Today is the last day to turn in a bowling pin turned into a car for the Pin-Wood Derby contest. Pins must have at least three wheels and be able to roll. The event will be a show and shine; contestants will not be racing their pins.
- 50/50 Bowling offers parents a break. Children bowl for 50 cents per game and rent shoes for another 50 cents Mondays and Fridays from 10:30 a.m. to 4 p.m.
- Deployed family member bowling offers family members with deployed spouses and a Combat Care button the opportunity to bowl for \$1 per game.
- Ladies bowl for 50 cents per game Thursdays from 6 p.m. to close.
- Family Day Bowling offers families a way to have fun and save money Sundays from noon to 4 p.m. Families receive free rentals, adults bowl for \$1.75 a game and children bowl for \$1.50 per game.

Eifel Mountain Golf Course

The Stableford Tournament, the last golf tournament of the 2006 season, takes place Sept. 17 with a 9 a.m. tee time. First and second place teams receive prizes. For more information or to sign up, call 452-6821.

Eifel Sharks swim team

The Eifel Sharks Swim Team is looking for swimmers, coaches and volunteers for the 2006-2007 swim seasons. An informational and registration meeting takes place at the Spangdahlem AB American Youth Association Wednesday at 7 p.m. For more information, call Master Sgt. Glenn Turnbull at 452-6105 or e-mail eifel_sharks@yahoo.com.

Fitness assessments

People interested in having a free fitness assessment performed should call the fitness center to schedule an appointment. Assessments are broken down into six phases: blood pressure, body composition, muscular strength, muscular endurance, flexibility and cardiovascular fitness check. The results of the test determine a person's strengths and weaknesses. For more information, call Juergen Stockemer at 452-6496.

High school sports

Bitburg High School offers cheerleading, volleyball, tennis, football and cross country during the fall sports season. Students wishing to participate in sporting activities must have a current sports physical on record with the school nurse. The 52nd Medical Group conducts these physicals.

Sept. 11 memorial run

- A series of memorial running events for the whole family happens Sept. 9 at the Spangdahlem AB fitness center.
- A fourth of a mile bambini run for children under 5 at 9:20 a.m.
 - A one-mile children's run for those under 12 at 9:30 a.m.
 - A 13-mile half marathon at 10 a.m.
 - A 5K run at 10:05 a.m.

Spangdahlem varsity basketball tryouts

Tryouts for the Spangdahlem AB varsity basketball team take place Sept. 5-15 from 6-8 p.m. at the Skelton Memorial Fitness Center. Tryouts are open to active duty and civilians. For more information, contact Patrick Hanley at 452-6969 or patrick.hanley@spangdahlem.af.mil.

Wall climbing available

The rock climbing room is open for certified climbers. To learn wall climbing techniques and to gain certification, call the Spangdahlem AB fitness center at 452-6634.



Photo by Ed Marshall

Trey Taylor completes one of his lifts Aug. 18 at the Spangdahlem AB Skelton Memorial Fitness Center Bench Press Competition. Taylor won the middle weight division and the overall best lift. He lifted 430 pounds during the competition.

Saber weight lifters test their strength

By Staff Sgt. Tammie Moore
52nd Fighter Squadron Public Affairs Office

In a match of strength versus physics, Airmen and civilians alike gathered at the Spangdahlem Air Base Skelton Memorial Fitness Center to see who could pump the most iron, during a bench press competition Aug. 18.

Displaying their strength and dedication to physical fitness competitors put their personal training to the test in this bench pressing event where they performed a one time max lift.

"To train for this and other powerlifting exercises, the lifter must lift near maximal lifts for two or three repetitions," said Troy Saunders, bench press competition judge. "This helps train the nervous system to activate the muscle fibers for explosive performance, and it also allows the lifter to judge on how much their one-time max lift will be. The lifter also performs other lifts and exercises for higher reps, as well as cardio, but the specific training for max lifts is definitely different."

Saunders, who has been training for more than 25 years, said dedication is a must.

Anyone who chooses to pursue a personal best in lifting must dedicate at least one hour, three times a week to their training, Saunders said. "To excel and to set records is another thing all together, lifters will likely spend two hours, three to four times a week training. It also requires a diet designed to promote muscle repair and growth, which requires dedication and good planning to be effectively utilized."

Middle weight class champion and best overall lifter, Trey Taylor who lifted 430 pounds while competing, continues to find new motivations to stick with weightlifting.

"Over the years, why I lift has changed," Taylor said. "When I first started lifting weights, it was because I was tired of being skinny. Then I continued lifting because of sports. Now, I lift mainly to stay in shape."

Even though competitors like Taylor spend many hours in the gym preparing for events like this, anxiety about the competition can still wear on their nerves.

"The first time I entered a competition, I knew I could have lifted more than I did, but it was my first time dealing with all the rules, which was stressful," Taylor said. "This time around, I left feeling the same way. Winning felt good and disappointing at the same time, because once again I felt I could have done better."

Despite the intensity of the competition participants rallied together to root one another on.

"The athletes were very supportive of each other," said Saunders, the coach for both the Spangdahlem Powerlifting Team and the Spangdahlem Bodybuilding Team. "Several lifters helped others prepare, and the more experienced ones gave advice to the newest lifters. It was certainly characteristic of sportsmanship and teamwork indicative to powerlifting sports. Invariably the audience consists of your fellow competitors who both cheer you on and compete with you at the same time."

An example of this support system can be seen in Genese Williams, Women's Middle Weight first place winner.

"She is an inspiration to all lifters," Saunders said. "Although this was her first competition, her positive attitude and impressive lift were motivators for everyone."

Saunders offered some advice to people interested in competitive lifting.

"Don't be afraid to just get in the gym and start asking questions," he said. "A majority of lifters are happy to give a word of encouragement and are more than willing to help point out the good and bad ways to do exercises. Weight lifting is an essential part to a well-rounded exercise regime, and coming to watch or lift in competitions is an excellent way to encourage yourself to improve your own personal best."

Upcoming weightlifting competitions include the 2006 U.S. Armed Forces in Europe Bodybuilding Championships Oct. 15 in Darmstadt, Germany and the Army Europe Powerlifting Championships Nov. 18 in Heidelberg, Germany.

For more information about the Spangdahlem Bodybuilding Team, the Spangdahlem Powerlifting Team or upcoming competitions, call Saunders at 452-1045.

Congratulations to the following winners of the Bench Press Completion Aug. 18:

Women's Middle Weight

First place

Genese Williams
Lifting 125 pounds

Men's Light Weight

First place

Ed Marshall
Lifting 285 pounds

Men's Middle Weight

First place

Trey Taylor
Lifting 430 pounds

Tied for second place

Robert Harris and Simeon Crosby
Lifting 315 pounds

Fourth place

Bryan Faulk
Lifting 280 pounds

Tied for fifth place

Christopher Trotter and Jason Kahawaiolaa
Lifting 375 pounds

Seventh place

Darnell Moss
Lifting 265 pounds

Men's Heavy Weight

First place

Lyod Evans
Lifting 405 pounds